

NOVEMBER 2011 FREDERICK SENIOR CENTER ACTIVITIES

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
-Indicates classes run in sessions, preregistration & prepayment is required	1 10:00-Blood Pressure 11:00- Strength Training 12:00-Mah Jongg 12:15-Chair Yoga 12:35-Bingo	2 9:00-Strength Training 11:00- M&M Exercise 12:30-Blotter Bingo 12:30-Bridge/Pinochle 12:30-Zumba Class* 1:30-Line Dancing*	3 9:00-Quilting 11:00-Strength Training 12:15-Chair yoga* 12:30- <u>"Stress Management</u> WellBound of Fred. 1:30-Knitting	4 9:30-Strength Training 12:30-Canasta 12:30-Zumba Class*
7 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class 2:30-Book Club	8 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo	9 9:00-Strength Training 10:00-Winter Safety-Aud.I 11:00-M&M Exercise 12:30- <u>Legal Aide</u> 12:30-Bridge/Pinochle 12:30-Zumba Class* 1:30-Line Dancing*	10 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>"Music Memories"/</u> Bob Richie 1:00-Bookmobile	11 CLOSED/ Veterans Day
14 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	15 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo	16 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30- <u>A Time To Talk/Edi</u> 12:30-Bridge /Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	17 9:00-Quilting 10:00-3:30-AARP Driving 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Music Evelyn&</u> <u>Charles Summers</u> 1:30-Knitting	18 9:30-Strength Training. 12:30- Canasta 12:30-Zumba Gold*
21/28 9:30- Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	22/29 11:00- Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo	23/30 9:00- Strength Training 11:00-M&M Exercise 12:30- <u>23rd-Elder Abuse</u> <u>30th-Nutrition</u> 12:30-Bridge/Pinochle 12:30-Zumba Class* 1:30-Line Dancing*	24 CLOSED THANKSGIVING	25 CLOSED THANKSGIVING

FREDERICK SENIOR CENTER-1440 TANEY AVE., FREDERICK, MD. 21702--301-600-1605

LINDA MCGINNES-COORDINATOR 301-600-3525 www.FREDERICKCOUNTYMD.GOV/DOA

MEAL RESERVATIONS--DEB AYERS--301-600-1048--48 HOURS IN ADVANCE

HOURS--M-F-8:30-4:00

NOVEMBER 17-TURKEY DINNER